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KINDNESS CAN BE PASSED DOWN
FOCUS YOUR KIDS ON HELPING OTHERS {page 21}

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NO SUMMER BREAK FOR THESE KIDS
SCENE {page 16}

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Monday, July 19, 2010
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Indy. Will powers to the top

▶ Will Power won the Toronto Indy yesterday.

STREETER LECKA/GETTY IMAGES

Toronto Indy has the Will Power

Australia's Will Power, driver of the No. 12 Verizon Team Penske Dallara Honda, celebrates yesterday after winning the IZOD IndyCar Series Honda Indy Toronto on the streets of Toronto. More coverage, page 28.

Yu-Jays win

New Blue Jays shortstop Yunel Escobar has huge day at plate as Toronto wins 10-1 {page 27}

Talking census

Conservatives say they want to explain why long-form questionnaire was axed {page 10}

Violence linked to service

▶ Report shows relationship between abuse in military families and time in Afghanistan ▶ 6% of military staff come back with symptoms of PTSD and/or major depression

Military police records describe spousal sexual assault, hitting, shoving and screaming matches on or near Canadian Forces bases — family violence that counsellors link to repeated tours in Afghanistan.

The case summaries offer a rare view of tensions and conflict that regularly erupt in military homes across the country. They detail 49 incidents from July 1, 2008, to Feb. 1, 2009, in which charges were laid or complaints were deemed as "founded."

Several other reports of assault — physical and sexual — were handled through "alternative" measures or "departmental discretion."

The heavily censored records were released by National Defence eight months after The Canadian Press requested them under Access to Information laws. Names of suspects and victims were removed and specific dates were blanked out.

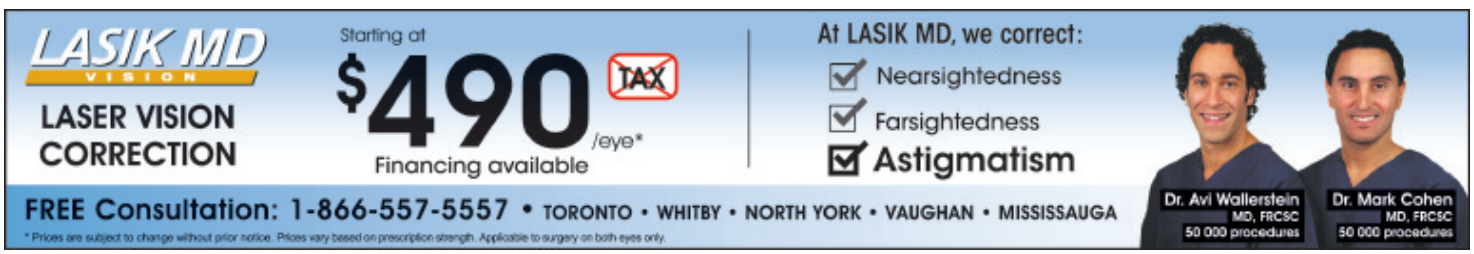
Charges included aggravated spousal assault, sexual assault, assault on a child, assault causing bodily harm, assault with a weapon and uttering threats.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 8

Case summaries

- In January 2009, the RCMP phoned military police at CFB Shilo in Manitoba to inform them a soldier had been arrested for aggravated spousal assault with a weapon, sexual assault and three counts of uttering threats.
- In July 2008, a member of the 2nd Battalion, Royal Canadian Regiment, was charged in Oromocto, N.B., for assaulting his common-law spouse at their home.
- That same month, military police at CFB Borden answered a 911 call from a woman whose common-law spouse was later charged with assault.
- At CFB Esquimalt, a summary from October 2008 describes a "common-law service couple" involved "in a verbal argument at their RHU (residential housing unit), which escalated into a physical assault by each on the other." Both partners were arrested for assault.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Caribana short on cash

- Festival organizers say they're still expecting to deliver a quality event
- Chair holding out hope feds might kick in some last-minute funding

TANNIS TOOHEY/TORSTAR NEWS SERVICE

▶ Members of Afropan play steel drum music yesterday at the official launch of Scotiabank Caribana at Yonge-Dundas Square.

In about two weeks, the scent of jerk chicken and the tinny strains of steelpan will fill the hot summer air as Caribana kicks off.

But according to organizers, Caribana has fallen short on government funds this year and the festival still needs to scrape together about $100,000.

"Other than Year 1, this has been the toughest year ... strictly based on the funding issues," said Caribana chair Joe Halstead, who has helmed the festival since 2006. "We're not in dire straits, we'll meet our obligations whatever they are. (But) there will be less than last year."

Halstead insists Caribana won't run a deficit but said the festival has been hardest hit in terms of its ad budget, which is where the bulk of last year's marquee funding went. Some big-name acts also couldn't be secured this year.

But publicist Stephen Weir said festival-goers won't notice a difference in quality. The savings will be discreet, taking the form of recycled T-shirts or smaller stage sizes at Saturday's Caribana children's parade, he said.

TORSTAR NEWS SERVICE

Funding woes

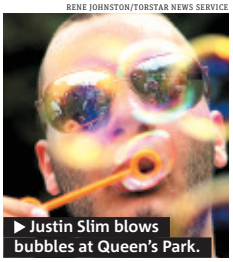
- **The festival's budget** has been cut back to $1.8 million from $2.6 million, Joe Halstead says.
- **Staff members** have also taken a 30 per cent pay cut.
- **Organizers were confident** they would be able to secure up to $600,000 in government funding.
- **The federal Marquee Tourism Events Program** gave Caribana about $416,000 last year, and organizers hoped the province's Celebrate Ontario fund would boost their bottom line by about $300,000. But Caribana was passed over by both programs.
- **An annual Heritage Canada fund** that gives Caribana $100,000 was scaled back to $40,000 this year, making the festival's situation even more dire.
- **New corporate sponsors** recently drummed up by Caribana to make up the difference include Mobilicity, Grace Foods and the Toronto Star.

Protesters stage a 'bubble-in'

3

Saturday's rally marked the third consecutive week a protest was organized in the city that hosted the world's leaders in June.

RENE JOHNSTON/TORSTAR NEWS SERVICE



▶ Justin Slim blows bubbles at Queen's Park.

The simmering anger many say they felt over police conduct during the G20 summit cooled Saturday as demonstrators in Queen's Park focused on peaceful protest.

Face painting, music, dancing, speeches — and even bubble blowing — were featured as part of a rally, which organizers called a chance to heal. At one point during the day, hundreds of bubbles filled the front lawn of the legislature as about 60 people blew bubbles together.

Some 300 people attended a companion march in Montreal, and a similar event was held in Quebec City.

THE CANADIAN PRESS

Police seek help finding driver in hit-and-run

Provincial police are searching for a driver who fled the scene after a fatal collision in Brampton.

Police say at approximately 2:12 p.m. Saturday a blue Acura-type vehicle was entering Highway 410 when it cut across the left lane and struck a southbound silver Mazda.

The driver of the Mazda lost control of the vehicle, crossed the centre median and entered the northbound lanes, colliding with a tractor trailer.

Police say the two female occupants of the Mazda were air-lifted from the scene to a Toronto hospital, where the driver succumbed to her injuries.

Police say the Acura did not stay at the scene of the collision.

THE CANADIAN PRESS

Teen critical after car rollover

A teenager is in critical condition after a car he was in rolled over.

Police say around 1 a.m. yesterday a car at Greencedar Circuit at Daphne Road in Toronto was involved in a single vehicle collision.

There were five teenagers in the car, and one 16-year-old was ejected from the vehicle.

All the occupants in the car were rushed to hospital. One male remains in critical condition with life-threatening injuries.

THE CANADIAN PRESS

Second TTC bus crash victim dies

A second person involved in a car crash with a Toronto bus died in hospital yesterday.

Police say a vehicle was attempting to make a left turn onto Dundas Street West near Jane Street and was struck by a northbound bus Friday afternoon.

Three people were in the car at the time of the collision. A 90-year-old passenger died of her injuries an hour after the crash.

On Saturday morning, an 89-year-old man who was a passenger in the car died of his injuries in hospital.

THE CANADIAN PRESS

1 news

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International jewel thieves, the Pink Panthers, have become legends in their native Balkans. Scan this code for more.

King West. Shuck and jive

▶ Steven Bridacoff, left, Henry Fisher, Ashley Turner and Chris Field shuck oysters.

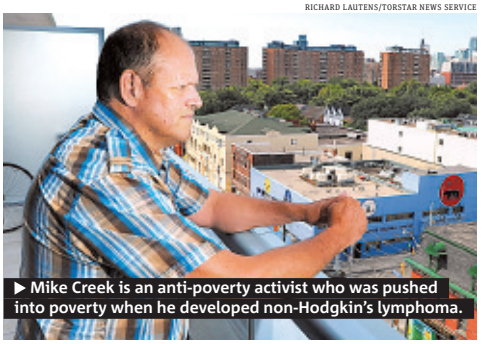
RAINER SOEGTROP/FOR METRO TORONTO

On your marks, get set — shuck!

The Ontario Oyster Shucking Competition took place yesterday at the Ontario Oyster Festival on King Street West, raising more than $12,000 for Environmental Defence. Mike Osborne was named Ontario Oyster Shucking Champion, and will compete in the Canadian Oyster Shucking Competition in P.E.I. Aug. 6.

From 'waiting to die' to a living inspiration

RICHARD LAUTENS/TORSTAR NEWS SERVICE



▶ Mike Creek is an anti-poverty activist who was pushed into poverty when he developed non-Hodgkin's lymphoma.

For years, "hope" was just a four-letter word to anti-poverty activist Mike Creek.

After working his way up in the hotel industry to head office manager from dishwasher, Creek lost it all in 1993 when he was diagnosed with cancer.

He was just 37.

He clung to employment insurance while enduring nine months of chemotherapy, two surgeries, blood clots, seizures and gaping skin wounds that wouldn't heal.

When his EI ran out, he washed up on welfare. Within a year, he had lost his downtown apartment, overstayed his welcome with friends and was sleeping in homeless shelters. He ended up in a subsidized apartment in a gloomy Regent Park highrise where a man was murdered the weekend he moved in.

"I was very sick," Creek recalls. "Basically, I was just waiting to die."

But he lived. And in late May, he signed the mortgage for his new home in Regent Park's first condominium complex at One Cole Street, near Dundas and Parliament.

He may be a medical miracle — Creek's non-Hodgkin's lymphoma is in remission — but he believes his flight from poverty is no fluke. Instead, it is proof that with the right support, anyone can break poverty's grip.

"I want my story to be an inspiration," he says. "I'm an example of how people can escape from poverty."

TORSTAR NEWS SERVICE

OPP to shed light on shady-dealings probe

OPP raided group of government buildings known as Macdonald Block Complex includes offices of several ministries such as Energy and Infrastructure, Education

Ontario provincial police said they will release information today surrounding the criminal investigation into "irregular financial transactions" involving government ministries and outside vendors.

Officers from the OPP raided several ministries Thursday as part of their probe into these activities.

Police are being tight-lipped on the investigation, and wouldn't expand on the allegations or if charges are pending.

An OPP spokesperson said officers will need a lengthy amount of time in order to figure out the scope of the investigation.

"If the evidence proves that charges should be laid, then charges will be laid, but at this point we really don't know what's happening."
OPP SUPT. ANGIE HOWE

On Saturday, a senior government source said the investigation did not involve elected officials.

"No politician or political staff is involved," said the government source, who had been briefed on the investigation and who also believed police were looking into more than one ministry.

OPP media officials have said the force's anti-racket branch is conducting the investigation.

The raid took place around a group of government buildings known as the Macdonald Block in downtown Toronto, which includes several ministries and offices such Energy and Infrastructure, Education, Consumer Services among others.

The Ontario Realty Corporation also has its offices in the complex.

A new trial for Hay?

The Supreme Court of Canada will decide whether a few strands of hair is enough to reopen one of the Greater Toronto Area's most notorious murder cases in the past decade.

Canada's top court has agreed with lawyers representing Leighton Hay to grant a rare oral hearing to challenge his conviction for the July 2002 execution-style murder of Colin Moore, 51, a beloved member of the local Guyanese community.

No date has been set for the hearing.

TORSTAR NEWS SERVICE

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Girl, 3, dies after pool incident

A three-year-old girl pulled from a backyard pool in North York has died, police say.

Police say the incident happened in a pool near Yonge and Lawrence Saturday afternoon. At this point, it's unclear how the incident happened.

THE CANADIAN PRESS

Police look for clues in attack on woman, 64

Toronto police are searching for a man wanted in connection with the sexual assault of a 64-year-old woman.

Police say a woman was riding her bike in the area of Spadina Avenue and Baldwin Street yesterday around 5:15 a.m., when she was approached by a man and sexually assaulted.

The suspect is described as a white man, in his 40s, wearing a brown sweater with a white T-shirt underneath, blue jean shorts and brown running shoes.

Police say the man had an unkempt appearance.

THE CANADIAN PRESS

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the Bay OPTICAL

Balance sheets still unhealthy at hospitals

Financial picture will likely get uglier with new funding approach, Ontario Health Coalition says

For the second year running, more than one-third of Ontario hospitals are bleeding red ink, amounting to a $107-million shortfall, the Canadian Press has learned.

Sixty-one of the province's 159 public hospitals, or 38 per cent, reported a deficit in the last fiscal year that ended March 31, according to figures obtained from Ontario's 14 local health integration units.

The financial picture of Ontario hospitals is largely unchanged from the previous year, when 61 hospitals reported shortfalls amounting to $154 million.

Who's who?

LHINs: Local health integration units, which were set up by the Liberal government to make local health-care decisions and dispense public cash.

There is concern that while the number of cash-strapped hospitals remained steady, it may be a different story in 2011 due to shrinking provincial funds.

Ontario hospitals received a 2.1 per cent increase to their base funding from the government in 2009-10 — less than inflation. This year, it will only be 1.5 per cent.

Those financial woes will be compounded by a new plan to move toward a so-called "patient-based" approach to funding hospitals, said Natalie Mehra, executive director of the Ontario Health Coalition.

Under the model, hospitals would narrow their range of services with the aim of doing surgeries and treatments more cheaply than their rivals. Those who can do it cheaper would get additional cash from the government.

That's laying the groundwork for a private hospital system, Mehra said. THE CANADIAN PRESS

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CAROLA VYHNAK/TORSTAR NEWS SERVICE

▶ Jack Snedden shows off the traps he found on a beaver dam in an Oshawa pond.

Beaver killing sparks outrage

- Oshawa blames rodents for increased risk of flooding
- Some councillors say staff acted without approval

One trap snaps down on their spine, breaking it. The other grabs their legs and holds them underwater.

Lethal traps like these have been placed in an Oshawa pond to kill off a beaver colony in a residential neighbourhood. City officials say the beavers' dam in Goodman Creek near Adelaide Avenue and Waverly Street has raised the pond's level, and with it the flood risk to 400 homes.

The traps are legal and humane, according to the Ministry of Natural Resources. But residents are outraged by the killings, which started last November, calling them cruel and unnecessary.

Thirty animal lovers staging a protest at Goodman Park on Saturday were even more horrified to see two metal traps discovered by a Whitby resident on the dam the day before.

"I activated it with my spade and bam! — like a big mousetrap," Jack Snedden told them. "It scared the heck out of me."

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News in brief

Jury mulling soldier's fate

COURT. Deliberations on the fate of a Canadian Forces captain charged in a battlefield death in Afghanistan are dragging on into a third day.

A military jury began its deliberations on Saturday afternoon in the case of 36-year-old Capt. Robert Semrau, and met again all day yesterday.

But a question from the four-member panel about evidence kept lawyers arguing for hours, preventing a verdict on the weekend. Deliberations will resume again this morning.

THE CANADIAN PRESS

Two arrested in shooting

MONTREAL. Police have arrested and charged two men in connection with a deadly shooting in Montreal last March.

Gunmen burst into a clothing store in Old Montreal, killing two men and wounding two others.

Store owner Ducarme Joseph, the apparent target of the hit, managed to escape.

Police Cmdr. Mario Lamothe said the men were arrested Friday.

THE CANADIAN PRESS

Lightning kills man on river

GRAND RIVER. A Brantford, Ont. man is dead after he was struck by lightning while riding on an inner tube on the Grand River.

Brantford Police say the 25-year-old victim was inner tubing with two friends Saturday afternoon when lightning hit the water. The man was pronounced dead in hospital.

THE CANADIAN PRESS

Veteran reflects on Afghanistan

- Recalls getting hit with improvised explosive device
- Says many Afghans now living 'good normal life'

With Canada set to begin its troop pullout from Afghanistan in a year, a number of veterans are allowing themselves to march down memory lane to reflect on the mission.

Warrant Officer Chester Tingley has seen more of Afghanistan than most. He was there in 2005 when Canada relocated its troops from Camp Julien, on the southwest edge of Kabul, and headed down the treacherous stretch of highway to Kandahar.

"The saving grace was it was a paved road and IEDs were just coming into play. I was IED'ed in September, 2005 — one of the first Canadians to get hit, and then after that we had a suicide bomber that killed 13 ANA (soldiers) and severely wounded 27," said Tingley, 40, a native of Moncton, N.B.

BILL GRAVELAND/THE CANADIAN PRESS

▶ With preparing for a 2011 pullout of Afghanistan, veterans, including Warrant Officer Chester Tingley, are starting to reflect on the Afghan mission.

Tingley, now working in a reconnaissance squadron in the Panjwaii district, made five trips down the highway but it was the IED hit that he remembers.

"The IED was actually in a graveyard but it was too far away and too deep. When the smoke cleared, I was expecting to see the other Coyote actually blown apart. It turns out it was around the bend," Tingley said.

"When you go out, you don't know you're coming back. So, everytime I talk to my wife, I tell her I love her and miss her and my daughter because I don't know if I'm going to talk to them again."

WARRANT OFFICER CHESTER TINGLEY

"After that my heart got going again because I thought I had lost four guys," he added. "The IED after that one was bigger. They're smart and they learn, unfortunately.

"Believe it or not things are getting better especially for the women and the little girls," he said.

THE CANADIAN PRESS

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What's next for U.S. Gulf Coast?

DAVE MARTIN/THE ASSOCIATED PRESS

▶ Charles Stewart of Elberta, Ala., prays yesterday as he joins others in a sunrise service at a beach pavilion in Gulf Shores, Ala. About 100 people gathered to pray for people, wildlife and an end to the Deepwater Horizon oil spill.

▶ Cap keeping oil at bay ▶ Fishing industry could be crippled forever

After three long months, the bleeding from the bottom of the Gulf of Mexico has been finally, and mercifully, stanched. But in so many ways, the prognosis remains uncertain.

Which species will rebound, and which have been pushed beyond the brink? Has the oil accelerated the die-off of marshlands that protect one of America's great cities and make this the second most-productive U.S. fishing region? What effect will the BP spill have on the future of deep-sea drilling — at once boon and bane — in the Gulf?

And, of more immediate concern to people along the U.S. Gulf Coast, where will the millions of as-yet uncollected, unburned, unseen litres of oil from the blown-out Deepwater Horizon well end up?

Plaquemines Parish resident Sandy Reno isn't sure she wants to wait around to find out the answers.

"I'm ready to pack up and leave," says Reno, 43, whose shrimper husband, like so many others along this coast, is now dependent on cleanup work from the company held responsible for the disaster. "I've had enough already."

Just as the stumbling federal response to hurricane Katrina five years ago exposed spider web networks of fissures in the national armour, the failure to prevent and then quickly stop the spill has shaken many people's faith in American might.

"We're a superpower — the United States," New Orleans chef Eric Schutzman said recently as he took a break from carving a batch of black drum and redfish caught in an unclosed section of Black Bay. "We put a man on the moon. You'd think we'd have enough brilliant minds to get it all cleaned up and get on with it."

Since the Deepwater Horizon exploded April 20 and sank off the tip of Louisiana, killing 11 people, as much as 697 million litres of crude have hemorrhaged into the gulf.

THE ASSOCIATED PRESS

Holding steady

▶ The custom-built cap that finally cut off the oil flowing from BP's broken well held steady yesterday, and the company hopes to leave it that way until crews can permanently plug the leak.

Women facing ban in Gaza

Gaza's Hamas rulers have banned women from smoking water pipes in cafes, calling it a practice that destroys marriages and sullies the image of the Palestinian people.

The ban marks the Islamist militant group's latest effort to impose their harsh Muslim lifestyle in the seaside strip on an often resistant public. While Muslim law does not technically ban women from smoking the traditional tobacco-infused pipes, tradition frowns upon the habit.

THE ASSOCIATED PRESS

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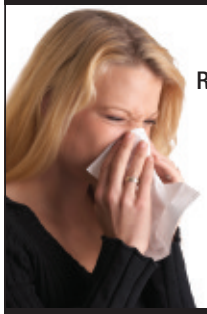

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TOM HANSON/THE CANADIAN PRESS

▶ MP Maxime Bernier said when he was industry minister during the last census, he received about 1,000 complaints per day about the long census being too nosy.

Tories call for census hearings

Feds quietly axed long-form census in June Uproar has followed from city and provincial governments and numerous lobby groups

The Conservatives want to recall the federal industry committee right away so they can better explain their decision to axe next year's mandatory, long census.

The long census only goes to 20 per cent of the population during every census, so 80 per cent of Canadians don't realize how invasive it is, explained Conservative MP Maxime Bernier. "So they don't know what we're talking about. And so we have to explain what we did and why we did it, and we'll use the committee."

The Tories also want to use the emergency committee hearings to put the opposition Liberals on the spot, Bernier said: "The opposition will have to explain to Canadians why they want the state and the government of Canada to know lots of details from their private lives." THE CANADIAN PRESS

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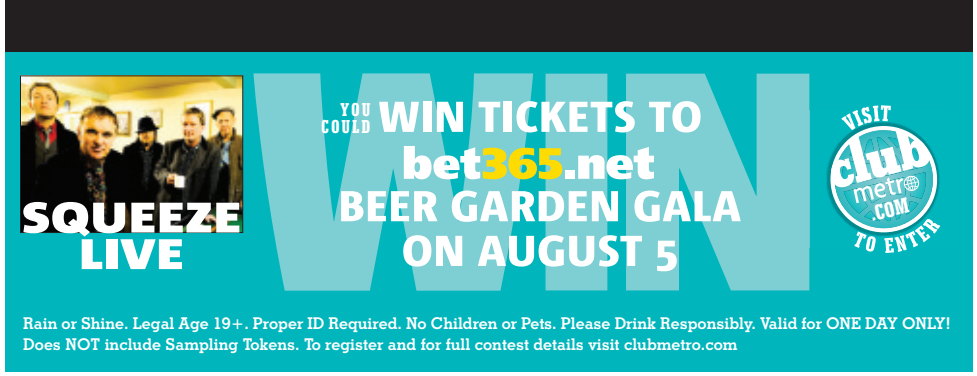
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'Canasnacks' only survivor of scrapped space food program

11 Initially, 11 Canadian food items were proposed — including Bison meat loaf, mushroom sauce, beef barley soup, and maple cookies.

It's the secret federal space-food project that never saw liftoff.

After quietly spending more than $400,000 to create made-in-Canada meals for astronauts, the federal government has shelved the program, The Canadian Press has learned.

Only one item ever made it through NASA's labs and into the astronauts' stomachs: Cream-filled oatmeal cookies known as Canasnacks.

The original idea was to have food kits ready in time for visits to the International Space Station by Canadian astronauts Julie Payette and Bob Thirsk in 2009. THE CANADIAN PRESS

Austria. Body art

▶ A model poses at the annual World Bodypainting Festival yesterday.

KERSTIN JOENSSON/THE ASSOCIATED PRESS

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Biden says Dems will 'shock' all

U.S. V-P thinks his party could sweep November midterm election

Vice-President Joe Biden has a warning for the pundits: Democrats are going to shock everybody with how well they do in the November election when control of Congress will be at stake.

And he's paraphrasing American author Mark Twain in saying reports of the Democrats' demise "are premature."

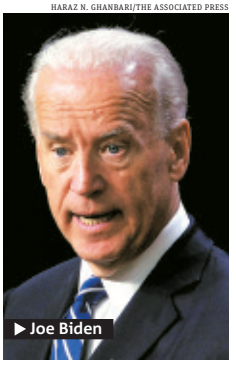
"We're going to win the House and we're going to win the Senate," Biden told ABC's This Week in an interview that aired yesterday. "I don't think the losses are going to be bad at all ... We're going to be in great shape."

"I think we're going to shock the heck out of everybody."
U.S. VICE PRESIDENT JOE BIDEN ON HOW THE DEMOCRATS WILL FARE IN THE NOVEMBER ELECTIONS

While Democratic lawmakers in charge of the party's election efforts joined the vice-president in predicting that Congress will remain in their control, their Republican counterparts pointed to voter unease with one-party government as they forecast a good showing for Republican candidates.

This contrasted with a comment by the White House press secretary that enough House seats are "in play" that Republicans could gain control of the House. THE ASSOCIATED PRESS

HARAZ N. GHANBARI/THE ASSOCIATED PRESS



▶ Joe Biden

Chemical. Reaction

▶ EU Foreign Policy Chief Catherine Ashton, left, smiles as she talks to a Palestinian chemist at a pharmaceutical company lab in Beit Hanoun, in the Gaza Strip yesterday.

TARA TODRAS-WHITEHILL/THE ASSOCIATED PRESS

EU puts pressure on Israel

European Union Foreign Policy Chief Catherine Ashton said the international community must pressure Israel to go beyond easing its Gaza blockade and throw open the territory's long-blockaded borders. The EU foreign policy chief made the comments after a tour of the Gaza coastal strip to gauge the impact of Israel's easing of its embargo on the Hamas-ruled territory.

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News in brief

Lawsuit win lifts stock

LEGAL. Shares of Toronto-based communications software company 01 Communique Laboratory Inc. got a lift after the company won a patent ruling over Citrix Systems. The firm announced Friday that the U.S. Patent and Trademark Office concluded that all of the company's claims are patentable. **THE CANADIAN PRESS**

U.K. Dreamliner

▶ A Boeing 787 Dreamliner lands yesterday for the first time outside the U.S., at the Farnborough International Airshow, in Farnborough, England.

SANG TAN/THE ASSOCIATED PRESS

787 Dreamliner makes first international trip

A Boeing 787 Dreamliner lands, for the first time outside the U.S., at the Farnborough International Airshow in Farnborough, England, yesterday. Deliveries of the long-range passenger jet to the first Japanese customer have been delayed by more than two years due to production problems. Boeing executives have said they aim to deliver the first Dreamliner to Japan's All Nippon Airways by the end of 2010, but have cautioned the delivery could be delayed to early 2011.

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American lag

All eyes on BoC's next move

While an interest rate hike and the Bank of Canada's assessment of the economic recovery will impact investors, fallout from a slew of weak economic data in the U.S. will also weigh on markets this week:

- **Stock markets** in Toronto and N.Y. ended in the red following a weak consumer confidence reading out of the U.S. Friday.
- **Housing starts,** due out tomorrow, are projected to drop five per cent for June.

Canadian investors will look to the central bank's interest rate decision for guidance this week, while U.S. markets are hoping earnings reports from a slew of major companies will help offset some abysmal economic data.

The Bank of Canada is expected to raise its key lending rate by a quarter percentage point tomorrow to 0.75 per cent, another indication Canada's economic recovery has so far been stronger and faster than in the United States.

An interest rate hike by the Canadian central bank in a move to fight inflationary pressures in the economy could put some pressure on stock markets as they price in "greater odds of follow-up moves through October," noted Avery Shenfeld, chief economist at CIBC World Markets.

News earlier this month that the Canadian economy created a whopping 93,200 new jobs in June, taking the country's unemployment rate below eight per cent for the first time since the depths of the recession, "more or less put the lid on the question" of whether the central bank would hike interest rates, said Doug Porter, deputy chief economist at BMO Capital Markets.

Canadian businesses have also helped pave the way for an interest rate hike in a key quarterly survey last week, indicating they were generally upbeat. **THE CANADIAN PRESS**

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News in brief

Saudi Corp. boasts double the profits in second quarter

MIDEAST. Saudi Basic Industries Corp., one of the world's biggest chemical companies, says its net profits more than doubled in the second quarter of 2010 compared to the same period last, boosted by higher sales and production. SABIC said in a statement yesterday net profits climbed to 5.02 billion riyals ($1.34 billion US) in the second quarter compared to 1.81 billion riyals in the corresponding period of 2009. **THE ASSOCIATED PRESS**

MADNESS BROUGHT TO LIFE IN THE CITY

Urban Compass

CAROLYN MORRIS

A woman in a white nightgown stands in front of a crowd of 50 or so on the grassy grounds of the Centre for Addiction and Mental Health on Queen Street West. Reading lines from a script, she's telling the story of a psychiatric patient who lived here when it was still the Toronto Hospital for the Insane.

After the performance, Ruth Stackhouse, clad in a black negligee and brown newsboy cap, leads the group out of the park and west along the Queen Street sidewalk. A colourfully decorated hospital bed is wheeled in front, followed by a stream of people, banners and drums.

"Ruth Ruth," as she's known here, wanders through the Mad Pride parade, smiling and dancing. One of the original organizers of the event, Ruth tells me about the nightgowns and the hospital bed — symbols of life in the asylum, brought out in the open. Madness brought to light.

To her, Mad Pride, which dates back to 1993, is a celebration of the good side of psychiatric conditions. Growing up with dyslexia, Ruth thought she was dumb, but not anymore. She sees her dyslexia as a gift.

"I'm a theatre director," says Ruth, who works at the Friendly Spike community theatre. "I wouldn't be able to do what I do if it weren't for my dyslexia."

"Ruth and others want Parkdale, home to the largest number of psychiatric patients and survivors in the city, to become the city's Mad Village — like Chinatown or the Gay Village."

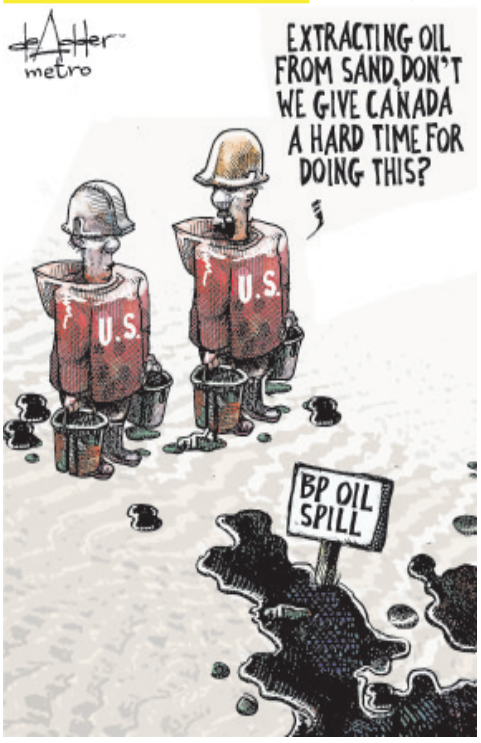
As we walk the parade route, Ruth smiles at an unassuming man with light brown hair, who's holding a banner. Geoffrey Reaume is another longtime Mad Pride organizer. He was put in a psychiatric ward when he tried to kill himself at 14, and again at 16. Diagnosed as paranoid schizophrenic, he wasn't thrilled about meeting other patients. But to his surprise a girl labelled "retarded" became his good friend. He would later focus his PhD on sifting through patient records, researching the people who lived and died in the Toronto Hospital for the Insane. He's now a professor at York.

As we pass, a boisterous black man shouts, "Show your madness!" in the tone of a gospel preacher as a man in an electric wheelchair honks his horn. Ruth and others want Parkdale, home to the largest number of psychiatric patients and survivors in the city, to become the city's Mad Village — like Chinatown or the Gay Village.

"It would be a safe place," she says. "If I have angels on my shoulders, I can say so. And it's OK."

Cartoon

MICHAEL DE ADDER



The deep end of irony

Letters & Tweets

TORONTO. With recent drownings in pools and lakes across the country, people may believe swimming lessons should be something taught within the school system; however, most drowning incidents are due to a lack of common sense.

Just because Canadian schools place a new swimming curriculum in the education system, it will not ensure the lowering of drowning statistics.

If schools did provide lessons, at what age would they begin? The younger they are, the more supervision and help you would need. Consider this — if children were to begin learning at a later age there would be an increase in younger children as drowning victims since parents may not put them in lessons at an early age and just wait for the curriculum for swimming to take place.

If swimming is a skill the public (specifically parents) believes everyone (specifically children) should know, then so be it.

There are so many resources to learn how to swim; from private pools or clubs to community centres.

If a city is already providing these programs, it is up to taxpayers to utilize what they are already paying for.

KELLY MARK, TORONTO

Safety first

TORSTAR NEWS SERVICE FILE

Calgary Stampede: Pro or con?

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Metro Minute at Arepa Café

Burrito fatigue? No problema. Eduardo Lee and Marc Lukacz have you covered. Last November, the pair opened Arepa Café, an eatery dedicated to the national staple of the Caracas-born Lee's diet. Arepas consist of a thick, sweet cornmeal patty chargrilled, and filled with everything from seafood to plantains (not together — although that might be interesting). Specialty of the house is the Reina Pepiada (Curvy Queen) inspired by Venezuela's first beauty pageant winner. Chock full of moist chicken, avocado, and cilantro, first-timers are advised to nibble around the sides — it's more than a mouthful. The café is located at 490 Queen St. W. JORDANA DIVON

CONTRIBUTED

▶ A La Llanera sandwich at the Arepa Café.

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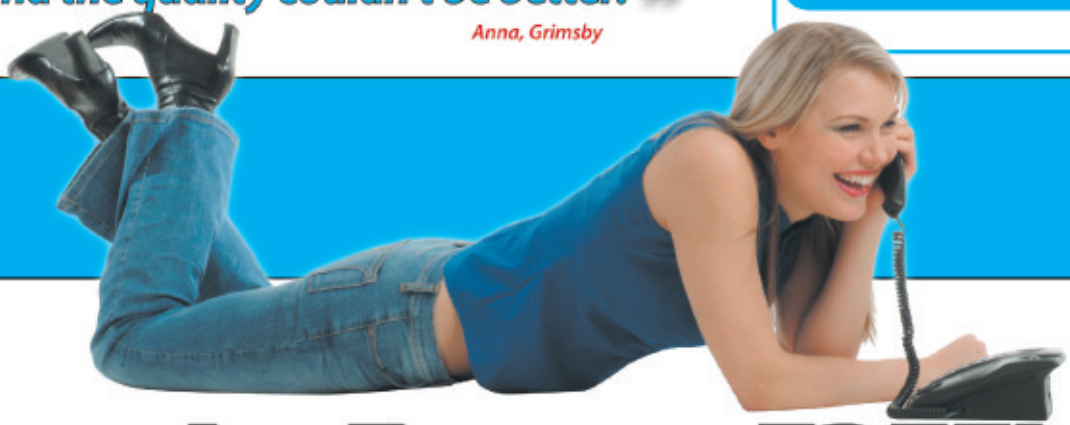

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2 scene

News in brief

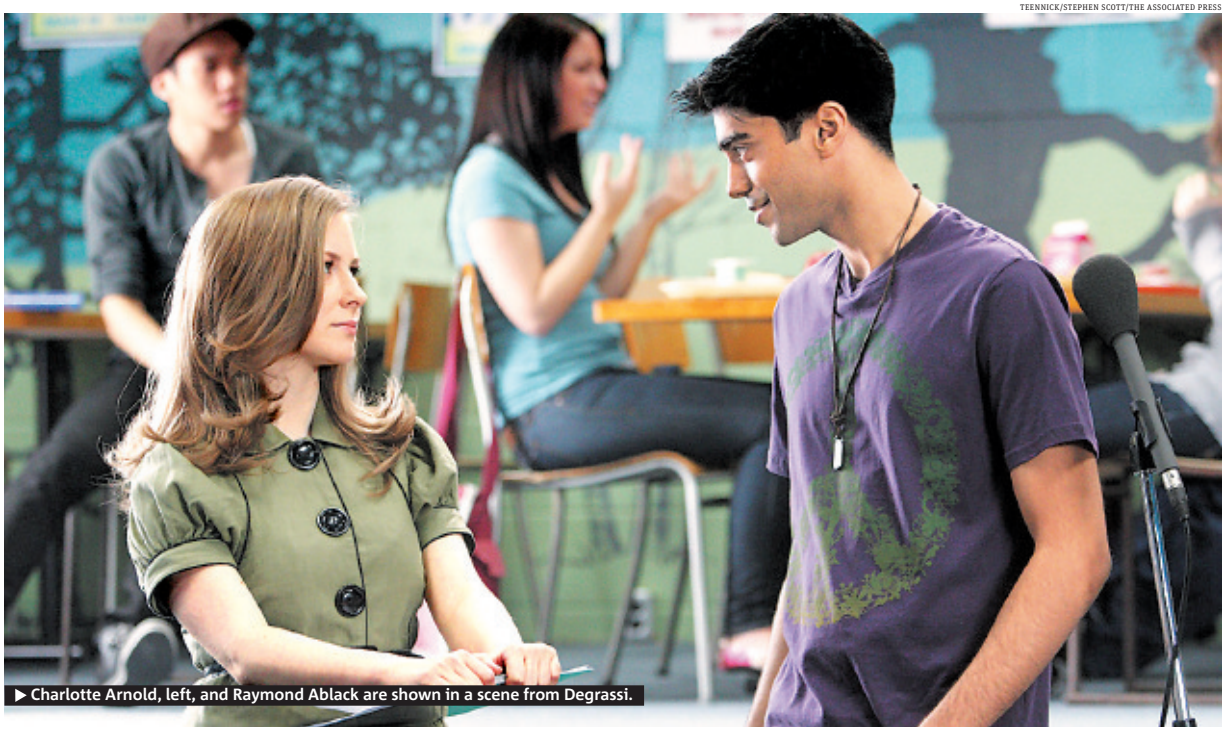
1 Pink underwent a checkup at a hospital after she fell off a stage in Germany. THE ASSOCIATED PRESS

2 Justin Bieber has supplanted Lady Gaga for the honour of the most-watched video of all time. THE ASSOCIATED PRESS

3 Aerosmith guitarist Joe Perry was rear-ended by a car while riding a motorcycle last week. THE ASSOCIATED PRESS

Roman Polanski makes first public appearance since being released from house arrest

TEENNICK/STEPHEN SCOTT/THE ASSOCIATED PRESS



▶ Charlotte Arnold, left, and Raymond Ablack are shown in a scene from Degrassi.

No summer break for Degrassi students

Teen show's 10th season debuts this week in new telenovela format
U.S. network orders double the episodes
Still tackling tough issues

We know how the students of Degrassi High are spending their summer vacation: Working!

The show's tenth season debuts today on Teen Nick in the U.S. and MuchMusic in Canada, with new episodes airing Monday to Thursday. On Fridays, the network will air a marathon of that week's episodes.

Teen Nick decided that given the popularity of the teen drama about students attending high school in Toronto, it would be the perfect model to try out a telenovela or soap opera style format.

"(It) allows you to spend more time with all the characters. We think fans are gonna go crazy for it," said Marjorie Cohn, Nickelodeon's president of original programming and development.

The cast and crew were intimidated at first when they heard their series order had doubled from 24 episodes to 48, Cohn said.

"There are no characters in the student body who were there in the first season. They've all graduated. The only continuity is with our faculty"
LINDA SCHUYLER

"They were kind of excited but they needed to think about it," she said. "Once they were sure the quality wouldn't change and that it would be an opportunity I think they really got into it."

One perk is there's freedom in the extra time. Conflicts no longer have to be wrapped up within a half hour and different characters' perspectives can be presented.

"It actually became quite liberating and exciting for my writing team when we realized these opportunities would open up for us," said Degrassi creator and executive producer Linda Schuyler.

"We're given a chance to kind of delve into our stories a little more deeply," adds actress Charlotte Arnold, who plays Holly J.

Season 10 will continue tackling issues relevant to teens and will even introduce a transgender story line.
THE ASSOCIATED PRESS

New class

- Four new cast members have been added to Degrassi this season.

Networks turn to sprawling big budget miniseries

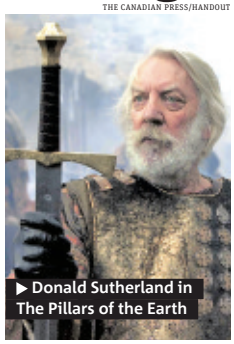
With their epic storylines, expansive casts and exploding production budgets, there's nothing mini about the modern TV miniseries.

These days, extravagant multi-night specials have established themselves as crucial for networks eager to lure fickle viewers and define their channel as a home for unique programming, say producers and broadcasters competing for attention.

"It's about giving premium quality programming to the audiences"
MICHAEL PRUPAS

Recent spectacles like Steven Spielberg's war epic The Pacific — which reportedly cost $200 million — and the upcoming $50-million Canadian co-production The Pillars of the Earth, stem from ongoing efforts to break through an increasingly tough entertainment landscape, say those in the business.

THE CANADIAN PRESS/HANDOUT



▶ Donald Sutherland in The Pillars of the Earth

"A couple of years ago we were all on the search for the 'event two-hour movie'," says Christina Jennings of the Toronto-based Shaftesbury Films, which produced the miniseries, Bloodletting and Miraculous Cures for HBO Canada.

"We've moved off event movies and we're now into event miniseries."

By "event" she means marketing dramatic series as one-time only, special airings — something usually reserved for big sporting events or news.

And nothing says "event" like over-the-top effects, budgets and casts.

The eight-part The Pillars of the Earth' cost "way above" previous homegrown ventures, says Montreal producer Michael Prupas. The sprawling costume drama is set centuries back. THE CANADIAN PRESS

▶ Angie Harmon stars as police detective Jane Rizzoli in the TV series Rizzoli & Isles.

‘We started playing the characters and now I’m obsessed’

Former Law & Order star Harmon gives acting another go in TNT drama Rizzoli & Isles She talks about how she finally gets the chance to be funny

NATALIE GAVILANES
scene@metronews.ca

If the adage of being careful for what you wish for is at all ominous, Angie Harmon has got good karma. Being a full time mom and now on a No.1-rated cable television show, it’s hard to believe the actress almost shut the door for good.

How did you come about hearing of the show?
TNT offered [the role] to me. I was pretty much getting ready to retire and thinking that I’m going to move back East with my kids and raise my little girls and go be mommy, and I wasn’t really finding the roles that I wanted to play. And so I just sort of made a deal with God — I was like, “OK, I would love something on cable, shoot five months a year, and then I get to be mommy the rest of the time. [I’d] like to be funny and strong and intelligent.” And literally the next day it was on my front porch because my manager lives down the street.

Tune in

Rizzoli & Isles airs Mondays at 10 p.m. on TNT.

This series is based on Tess Gerritsen’s hit series of books. Are you a fan of mysteries?
I hadn’t read Tess’ books until we started playing the characters and now I’m obsessed. And it’s been interesting because, like I was saying, you know Billie [Burke] and I are shooting together and here I am reading about our future. It’s so fun playing this out for the audience.

What is your interpretation of the character of Rizzoli?
I think there [are characteristics about Rizzoli that] I really enjoyed playing. I mean, she’s witty, she’s funny, and a lot of people you know don’t see me as a funny character because I don’t usually get to play them. I’m usually cast in the more dramatic roles, and it’s been a really fun time playing her humour and playing her attitude.

TV watch list

Time to prep for Mad Men

SEASON 3 MARATHON Loads of slick suits, adultery, cigarette smoke and Don Draper come your way in a Mad Men season 3 marathon. Five episodes from the last season are airing to help viewers get caught up before Sunday’s buzzy season 4 debut. (AMC)
THE CANADIAN PRESS

Confessions are such fun

REALITY WATCH Promos for tonight’s episode of The Bachelorette find suitor Frank kissing another woman and then making a tearful confession to Ali in Tahiti (Citytv, ABC). Also making confessions are the lottery winners in the documentary Lucky, about the woes of winning jackpots. (HBO Canada)
THE CANADIAN PRESS

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Euphoric Enrique

Iglesias mines 'magical' moments for his first bilingual album ● Why the Miamian is a Spaniard at heart — especially when it comes to soccer

NINA ETTRUP
METRO WORLD NEWS IN DENMARK

Pop heartthrob Enrique Iglesias has just released his first bilingual album, Euphoria. Why is he so happy? It's all about the music, he tells Metro (though we're sure girlfriend Anna Kournikova has something to do with it, too).

Your last album was called Insomniac — this one is called Euphoria. We're guessing you're in a good place in your life right now?

I think I'm in a good place right now musically. On this album, I was able to find moments that were magical, moments where I felt extremely happy — and they're hard to find! The more albums you make, the more difficult it is to find those moments. Sometimes you need a change, and I was able to do that on this album. That's why I named it Euphoria. There's a song in Spanish, Cuando Me Enamoro … it gives you that adrenaline rush, it gave me goosebumps when I heard it the first time. I thought, "This is really special."

When I wrote I Like It — the first single — I had that feeling too. I felt like it was completely different from anything I have ever done.

This is the first album where you sing in both Spanish and English. Is that a big deal for you?

Yes, it is. I needed it. I've been wanting to do it for five years, but I didn't feel comfortable doing it until now.

Enrique Iglesias

You were born in Madrid but grew up in Miami. Do you feel Spanish or American?

I feel Spanish, but I'm very Americanized. I don't speak perfect English, I don't speak perfect Spanish. I'm right in between. Although, for the World Cup I'm Spanish 100 per cent. I dream in both … and when I speak with my friends I constantly mix. I've been doing that forever.

"On this album, I was able to find moments that were magical, moments where I felt extremely happy — and they're hard to find! … That's why I named it Euphoria"
ENRIQUE IGLESIAS

You've worked with Usher, Akon and Nicole Scherzinger on this album. Is there anyone you still dream of working with?

Bruce Springsteen, Tom Petty and Billy Joel.

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All about Enrique

- **He was born** in Madrid on May 8, 1975, and then grew up in Miami.
- **His father is** music legend Julio Iglesias; his mother is Filippino journalist Isabel Preysler.
- **He released** his first album, 1995's Enrique Iglesias was entirely in Spanish.
- **His first album** in English was Enrique in 1999.
- **He has been dating** former tennis ace Anna Kournikova for nine years. They live in Miami.

Rucker to release new country album

Darius Rucker wrote 77 songs for his new album. That's not a misprint.

Most of them ended up not making the cut for Charleston, SC 1966, Rucker's follow up to his country breakthrough, Learn to Live. The new album will be out Oct. 12, and will include 12 new songs. Rucker said it was no problem coming up with a final track list.

"We just listened to them and saw what was rising to the top," Rucker said. "When I say that, people say to me, 'Man, that must be a hard decision.' No, not really. The best songs really rise to the top."

The 44-year-old former Hootie and the Blowfish singer was the first black performer to win a major individual CMA award since Charley Pride in 1971-72.

Rucker says the many fans of Learn to Live can expect something very similar to Charleston, SC 1966.

THE ASSOCIATED PRESS

1.4 Million — Learn to Live has sold 1.4 million albums, according to Nielsen SoundScan, and earned Rucker the Country Music Association's best new artist award.

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Anthony says new album is soundtrack to his life

Marc Anthony calls his latest album, Iconos, one of his most satisfying, but the crooner acknowledges experiencing a roller-coaster of emotions while he was recording it.

"I felt the gravity of the responsibility … and also in the studio I felt the insecurity, the absolute bliss, uncertainty, total satisfaction, fear," he recalled in a recent interview. "You invest all these years in this project. … You go to the studio and you say, 'What do I have to offer? This song is perfect! Am I gonna fall short?' … And then it's over, and wow."

The finished album, released in late May, was on top of Billboard's tropical albums chart for several weeks. It includes covers of romantic classics by Mexicans Juan Gabriel and Jose Jose and Spaniard Jose Luis Perales, and Spanish ballads like El triste, Y como es el and Amada amante.

Anthony said he listened to these songs as a kid growing up in New York City.

"I was raised with these songs that my parents listened to never realizing it was going to be the soundtrack of my life," he said, speaking in a mixture of Spanish and English. "Today I realize it and I get amazed by their importance."

GETTY IMAGES

Marc Anthony

The album, produced by Marc Anthony and Julio Reyes, features 10 songs, two of them original. While he sings songs by his favourite singers, Anthony said the selections were not made because of the artist but because of the song.

His favourite is Almohada, a Jose Jose hit from the 1970s. "The arrangement is so cinematic. … Even if you take the lyrics off there is a story," said the 41-year-old musician. "The song challenged me. … It captures the challenge that making this album was."

The order of the songs was chosen by his superstar wife, Jennifer Lopez.

"Jennifer absolutely loved it! She was there every step of the way. She actually sequenced the album. She's my muse," he said proudly.

THE ASSOCIATED PRESS

Cliff still has many rivers to cross

Reggae superstar contemplates his peers, his past, his future and Existence Why he can't stop moving — onstage and in his career.

PAT HEALY
pat.healy@metro.us

Jimmy Cliff refuses to stand still, literally. When the 62-year-old reggae legend performs, he high-steps, skanks, shimmies and grooves like a man one-third of his age, all while hitting the high notes.

"It's a part of me," he says of his movements. "I just can't help that."

Cliff also carries this exuberance into his career. He just finished making a concept album called Existence that will see a fall release.

"I really don't want to live in the past at all," he says. "There is always something new to learn. And what makes it interesting and exciting is some of the audiences I am playing for are all across the board, from really young youths to people of my generation."

While Cliff wants to keep on moving, he's aware that some fans may need to be reminded of his past. And in doing so, he says he doesn't mind singing classics from his "Harder They Come" era.

"What I feel is that I tuned in to one moment in time where I captured it; what a great piece of music, what a great sound, what great inspiration. That has become kind of timeless," he says. "So I never get bored performing them."

▶ Jimmy Cliff recently finished the concept album Existence.

He can see clearly now

A 2010 inductee into the Rock and Roll Hall of Fame, Jimmy Cliff has inspired some of the greats. He has also formerly worked with departed legends like Bob Marley and Joe Strummer. Does he ever reflect upon how so many of his peers from days past have passed?

"The thing is, I look at it in a way where everybody is on the planet to do something, and those people came to do what they needed and then left. Me, I have not finished what I came to do yet, so I have this burning desire to take my things really higher," he said.

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Lohan hires part of O.J.'s "dream team"

With celebrity lawyer Robert Shapiro at her side, charged actress moves into substance abuse facility.

GETTY IMAGES

▶ Celebrity lawyer Robert Shapiro has agreed to represent Lindsay Lohan if she does her jail time.

Lindsay Lohan has moved to a substance abuse facility and signed legal papers hiring celebrity lawyer Robert Shapiro to represent her as she prepares to head to jail for violating probation in a 2007 drug case.

Shapiro, a key figure on O.J. Simpson's legal "dream team" in 1995, confirmed Lohan was staying at Pickford Lofts, a treatment centre Shapiro founded after his son died of a drug overdose.

Shapiro told The Associated Press on Friday he had agreed to represent Lohan only if she does her jail time and complies with the terms of her probation.

He said he would help the actress get treatment to accomplish long-term recovery and sobriety.

"Ms. Lohan is suffering from a disease that I am all too familiar with," said Shapiro, whose son Brent died in 2005. "Hopefully I can be of assistance."

"Ms. Lohan is suffering from a disease that I am all too familiar with"
ROBERT SHAPIRO, CELEBRITY LAWYER

Lohan is scheduled to begin serving a 90-day sentence on Tuesday.

Shapiro has represented numerous celebrity clients.

In representing Lohan, Shapiro is replacing attorney Shawn Chapman Holley, another veteran of the Simpson trial in which the former football star was acquitted of the murders of his ex-wife Nicole and her friend Ronald Goldman.

Holley resigned after saying Lohan's sentence was harsh and unfair.

Shapiro filed papers in court signed by Lohan substituting him as her counsel.

The 24-year-old actress was sentenced to 90 days in jail earlier this month after a judge determined she violated her probation by missing seven weekly alcohol education classes since December.

The judge also ordered Lohan to spend three months in rehab after serving her sentence and continue to undergo random drug testing until her probation expires.

Lohan pleaded guilty in August 2007 to two misdemeanour counts of being under the influence of cocaine.

THE ASSOCIATED PRESS

Talking points

Oksana teeth photos leaked

EVIDENCE? Photos have leaked allegedly showing Oksana Grigorieva with chips in her front teeth from her altercation with Mel Gibson earlier this year, according to Radar Online.

"Oksana lost a veneer and the right front tooth was severely chipped," a source tells the website.

But Grigorieva's own dentist doubts the evidence, telling TMZ that the damage in the photo is not consistent with what would be caused by being punched in the mouth.

METRO WORLD NEWS

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Celebrity tweets

John Mayer [@johncmayer] If I were a political cartoonist I'd draw the busted oil pipe in the gulf with a giant busted oil pipe-shaped rubber bumper on it. Then I'd write something underneath like "BP announces fix."

Diablo Cody [@diablocody] I just saw INCEPTION. Ellen wears these cute little neckerchiefs in almost every scene. I loved it.

Justin Bieber [@justinbieber] ha-ha...im not dead...alive and well. great show tonight in the Bay....incredible crowd and great energy...just didnt have internet thats all

Samantha Ronson [@samantharonson] Dear friends: If I don't follow you on twitter, please don't expect me to know what's going on in your life. Email me.

METRO NEWS SERVICE

Bristol and Levy paid by Us

GETTY IMAGE

▶ Levi and Bristol

Us Weekly reportedly put a lot on the line to get the cover story about Levi Johnston and Bristol Palin's engagement. The magazine paid the young couple $100,000 for the exclusive interview and photo shoot, according to Page Six. Palin even gave a separate interview to People magazine where she kept mum on their big news, saying. METRO WORLD NEWS

Snipes' denied

Wesley Snipes' appeal of his three-year prison sentence for tax evasion was denied late last week, according to TMZ, meaning the actor will be spending time behind bars. Snipes had challenged the 36 months of incarceration. He was found guilty of not paying income tax between 1999 and 2001.

METRO WORLD NEWS

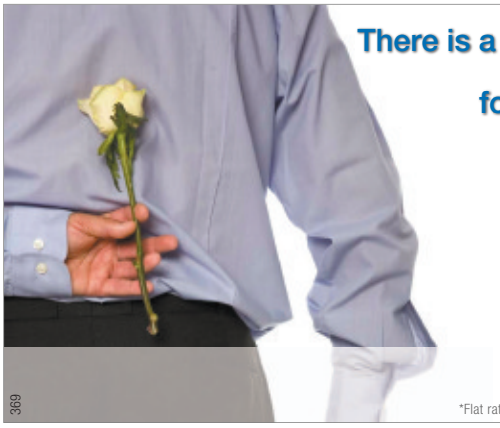
Detained for cannabis... again

DRUGS. Paris Hilton was reportedly detained by police for marijuana possession for the second time this month, this time at a private airport in Corsica, according to the AFP.

Authorities on seen found less than a gram of the drug and released her, according to the report.

Hilton took to Twitter to defend herself, posting, "So sick of people making up rumors about me. The latest one about me is completely false too."

METRO WORLD NEWS



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▶ Giving your kids all of the new toys might make your kids happy in the short-term, but teaching them to count their blessings is its own reward.

Focus your kids on helping out others

Kindness and generosity are traits that can be passed down from parents to child ◗ Too much of the world around us promotes an 'egocentric' attitude ◗ Action, learning, affirmation

Too much free time in the summer can bring out the self-centred side in the sweetest of children.

Suddenly whines of, "I'm bored" are coupled with an intense desire to satisfy their need for the latest video game or toy — no matter the cost. Instead of giving in and purchasing the toy du jour, use the summer to cultivate kindness in your children with these helpful hints from Christian Children's Fund of Canada, an international development organization that helps children around the world:

1 Educate your child to think beyond their world. Clip news articles or photos that show what life is like for children their age in other countries. It will teach them to count their blessings and understand the needs that exist. A website like ccfcanada.ca has a gift catalogue that allows children in Canada to look at a variety of practical items that are needed by children overseas, such as glasses or emergency food.

2 Inspire your child to take action. It's easy for parents to make a donation and tell the kids about it, but making the child responsible for raising and collecting the donation is an important part of learning generosity. Ask your child if they think the child they are trying to help would appreciate a portion of their allowance or encourage them to look for neighbourhood jobs like pet-sitting, pulling weeds, or washing cars for donation money. You'll be surprised how doing a little work to raise funds for someone in need will make your child's heart grow.

3 Affirm your child's efforts. As a parent, be enthusiastic, supportive, and encouraging, regardless of whether your child succeeds or fails in their goal. An egocentric attitude replaced by kindness and generosity is worth celebrating at any age.

NEWS CANADA

Taking the perfect family holiday shot is a snap

You might think it would be strange to ask an international aid photographer about the best way to take those family holiday photos, but Philip Maher, communications director at Christian Children's Fund of Canada, has travelled to 80 countries in his lifetime while taking pictures in every conceivable environment.

Maher is a professional photographer and a father of two. He offers these simple tips to improve those summer vacation photographs:

1 Don't shoot into the light. This is the most common mistake of holiday photos. Ensure the source of light (usually the sun) is behind you.

2 Hold the camera steady. With digital cameras, there is a tendency to hold the camera a foot from your eye. This blurs your images.

3 For spectacular images, avoid noon-hour shots. You'll end up with ugly, harsh shadows. Use morning or late-afternoon light or avoid shadows altogether by taking pictures on overcast days.

4 Do you ever wonder what to focus on? It's the eyes. Don't worry about the rest of the face.

5 Don't be afraid to rearrange your subjects. Squish your kids' faces together or ask dad to place his arm around his daughter.

6 Take your family photos quickly. Kids can be squirmy and they hate it when mom or dad pull out the camera and take 10 minutes (an eternity in kid time) to set up and make the shot.

7 Be patient and wait for action. Having the camera at the ready captures those spectacular action images which your children will remember into adulthood. Isn't creating family memories the point of the entire exercise?

8 Remember to take lots of photos. Fortunately with digital cameras, you can snap and delete bad shots as opposed to spending a lot of money processing film.

NEWS CANADA

3 life

Bedtime

Running out of tricks to get an unwilling child to unwind before bed? Bedtime can be a challenging task for any parent, especially when trying to encourage a regular routine that signals it's time to tuck in for the night. Incorporating story-time into the evening routine is a helpful way for parents to engage kids and spend quiet, nurturing moments together with their children after a long day.

NEWS CANADA

ScanLife

What's the right age for kids to stop using opposite-sex bathrooms with their parents?

Liven up your kids' lunch boxes with a new PB&J

A mix of two classics: French Toast and Peanut Butter and Jam sandwiches Helps add a little variety to what are pretty standard items

Ingredients :
- 1 large egg
- 15 ml (1 tbsp) milk
- 1 ml (1/4 tsp) ground cinnamon
- Pinch salt
- 2 slices whole-wheat bread
- 30 ml (2 tbsp) peanut butter
- 15 ml (1 tbsp) fruit jam
- 15 ml (1 tbsp) butter
- Powdered sugar

LARRY CROWE/THE ASSOCIATED PRESS

▶ French Toast Peanut Butter & Jam

The constant hunt for new and exciting lunches to pack for kids has led to some pretty creative experiments.

The fried egg and cheddar on whole wheat was a flop. Cold sirloin and cold carbonara were hits. Your basic grilled cheese got a lukewarm reception. Even with the addition of ham. But peanut butter and pretzel sandwiches have become a standard item.

And that got me thinking about your basic peanut butter and jelly sandwich. If you can grill a cheese sandwich, why not a PB&J? So I tried it with a bit of butter in the skillet and it was a huge hit, especially once I added a bit of cinnamon to the butter. Warm melty peanut butter and sweet jam. What's not to love?

Riffing on that was how I came up with this cross between a grilled peanut butter and jelly and french toast. I simply made a classic PB&J, soaked it in egg, then fried it on both sides. Add a sprinkle of powdered sugar and you have a little bit of heaven.

Preparation:

1. In a wide, shallow bowl, whisk together egg, milk, cinnamon and salt.
2. Use bread, peanut butter and jam to make a peanut butter and jam sandwich. Spread half of the peanut butter on each slice of bread. This helps the sandwich hold together.
3. Soak sandwich in egg mixture for 2 minutes per side, pressing it gently with a fork to help it absorb egg.
4. Heat a medium skillet over medium. Add butter. When butter has melted, add sandwich and fry for 2 minutes, or until the bottom is lightly browned. Use a spatula to flip sandwich, then cover the skillet and cook for another 2 minutes or until browned on the second side.
5. Serve sprinkled with powdered sugar.

THE ASSOCIATED PRESS

Tips to make breastfeeding a bit easier

The cradle, the crossover, the football hold. They may sound like terms thrown around at the gym, but they are actually techniques moms can use to make feeding their newborn easier.

While practice and patience go a long way, some moms may experience a few unexpected feeding challenges in the beginning. Prenatal feeding prep can work wonders.

Here are a few things you can do before baby arrives for a smooth transition into the world of feeding your baby:

▶ Breastfeeding can be tough for new moms.

Find your 'breast' friend

Trained professionals can help with breastfeeding techniques. Speak with your doctor or a lactation consultant in advance and keep their contact information handy for any hurdles that may come along the way. Treat them like your breast friend — don't hesitate to ask for help.

Keep it cool

Did you know breast milk production in the beginning can sometimes be greater than baby's appetite? As a result, breasts may become sore and engorged. Have icepacks on hand to help alleviate the discomfort.

Bottle basics

Breast is best for baby. But just in case, remember to research your formula options in advance. There are differences between formulas — look for one like Good Start Natural Cultures, which has B. lactis, a probiotic that contributes to baby's healthy digestive tract. Keep some on hand so if you need it, you won't have to make any rushed decisions.

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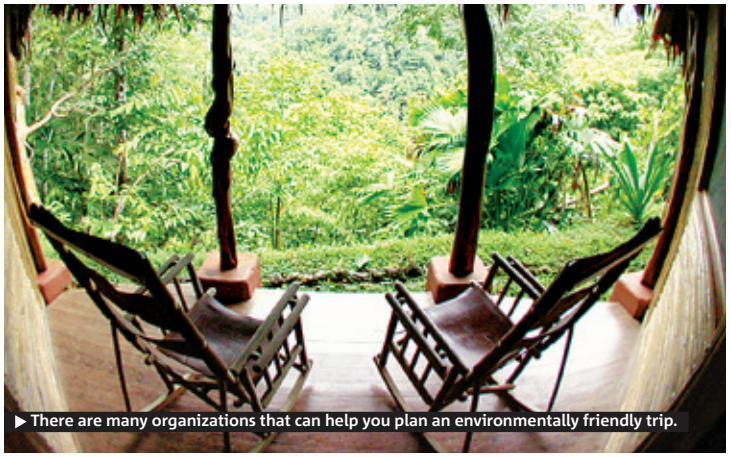
A powerful source of antioxidants including vitamins B, C and phenols, cranberries are a source of goodness for the body.

Added to your diet on a regular basis (on cereal, porridge, yogurts or salads), they are believed to help reduce the risk of diseases such as cancer, stroke and heart disease. Cranberry juice is recommended when preventing urinary tract infections, something that is more common in women than men.

ROMINA MCGUINNESS



▶ There are many organizations that can help you plan an environmentally friendly trip.

How to travel eco-gnito

Going on vacation does not mean time off from the environment ◐ Many options for greener holidays

JESSICA CARLESON
GREEN@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Want to be an eco-responsible tourist this summer? There are a lot of eco-labelled operators out there, but in the end it all comes down to your individual choices: who you chose to travel with, and how.

But don't despair, your eco-holiday need not be a chore. There's a wealth of tips and ideas on forums on the web. A good place to start your search is the The International Ecotourism Society (TIES).

"We hope to provide information and educational opportunities for both businesses and individual travellers. Things like how you can travel more responsibly by sharing examples of best practices," says Ayako Ezaki, communication director at TIES.

The organization is U.S.-based, but their focus is international. "The awareness of the importance of being more sustainable in tourism is spreading throughout, not just in eco-lodges and small business but also in hotels and larger chains. You can really see a change," says Ezaki.

There are many local, regional and international eco-labels and accreditations out there. "On the one side it is positive there are many tools for the travellers, but on the other it is a challenge. It creates confusion knowing what means what," says Ezaki.

An attempt to address this problem is the creation of The Global Sustainable Tourism Criteria sustainabletourismcriteria.org and the setting up of The Tourism Sustainability Council that will be launched this year.

But you get a long way with common sense and informed choices: "Regardless where and how far you are travelling, everything you do from choosing who to travel with, what to bring with you and taking from the destination gives you an opportunity to make a difference," says Ayoko.

5 tips for travellers

Fly wisely
Fly as little as possible and stay longer instead of making many short trips.

Travel light
Pack only what you need. Light luggage reduces your CO_2 footprint. Don't bring things that will become waste.

Book responsibly
Choose businesses with good sustainability practices. Search for example here: www.ecotourism.org

Greener transport
Use public transport and local modes of transport (bicycle, camel, horse).

Local sources
Eat locally grown food. It is more sustainable and supports the local community.

ADD SOME BORAX TO CLEANING ARSENAL

Queen of Green

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

QUESTION:
Green cleaning recipes call for borax, but when my father was a pediatrician, he recalls diagnosing children with borax poisoning. Is borax safe?

Suzanne from Winnipeg, Manitoba

Borax (sodium borate) is an alkaline mineral salt. It's a naturally occurring compound, but even things from nature can be harmful (like asbestos or mercury).

Not unlike conventional cleaning products, homemade or store-bought green cleaning solutions should be stored safely away from children and pets.

Borax is very effective, versatile, affordable, and eco-friendly compared to petroleum-based ingredients in conventional cleaning products. Handled with respect, borax is a great addition to your cleaning arsenal. Mix solutions in your kitchen, away from food, and clearly label your finished product.

My favourite green cleaning recipe is Queen of Green All Purpose Cleaner Spray. Combine all ingredients and pour into spray bottle.

1/2 tablespoon borax
1/4 cup liquid castile soap (found at organic grocers)
1/4 cup white vinegar
2 litres warm water

It's excellent for cleaning countertops and bathroom tiles, and washing floors. It even tackles the gunk in your microwave.

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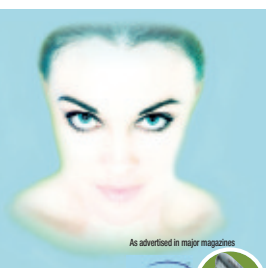

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Bill 68, An Act to promote Ontario as open for business by amending or repealing certain Acts

Projet de loi 68, Loi favorisant un Ontario propice aux affaires en modifiant ou en abrogeant certaines lois

The Standing Committee on Finance and Economic Affairs will meet to consider **Bill 68, An Act to promote Ontario as open for business by amending or repealing certain Acts.**

The Committee intends to hold public hearings in Toronto on Tuesday, August 3 and Wednesday, August 4, 2010.

Interested people who wish to be considered to make an oral presentation on **Bill 68** should contact the Committee Clerk **by 4:00 p.m. on Friday, July 23, 2010.**

Those who do not wish to make an oral presentation but wish to comment on the Bill may send a written submission to the Committee Clerk at the address below **by 5:00 p.m. on Wednesday, August 4, 2010.**

An electronic version of the Bill is available on the Legislative Assembly website at: **www.ontla.on.ca.**

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Making meetings fun again

OK, so maybe not 'fun' but the experts agree — the better managed a meeting is, the better it is for you and your employees.

DREW HINSHAW
letters@metro.us

▶ Keeping employees from being bored in meetings isn't hard to do.

Where do the days go? Scroll through your calendar and you might find that mammoth chunks of your nine-to-five are swallowed up by the corporate conference room, the conversation vortex where clocks melt and time crawls slithers by the speed of a PowerPoint.

More than a third of Americans recently polled consider meetings to be "a complete waste of time," according to a survey by California's Meeting Solutions, and you need not convene a roundtable to brainstorm why.

"If you're taking an hour-and-a-half to hold your meetings, then multiply that by 10 people in the room," executive coach Barbara Frankel says. "That's a great deal of time."

Career gurus note that meeting management is fundamental to office leadership — for executives, "it's one of the key skills," notes Dare Kurow, executive advisor.

"If you're taking an hour-and-a-half to hold your meetings, then multiply that by 10 people in the room...That's a great deal of time"
BARBARA FRANKEL, EXECUTIVE COACH

Plus, if you play the clock right, you can salvage some semblance of efficiency from the ritual. Start with the preplanned strategy of not handing the conversation steering wheel to the diversion artists, brag-a-holics, and perpetual fault-finders who passive-aggressively sabotage the docket by subject-swapping, Frankel warns.

Focusing on post-meeting "action items," she says, can keep heads from tilting towards the table. "Define what the goal is and the action that's going to be taken," she says. "Then define who's going to do it and what resources they need."

Meeting tips

"The worse thing you can do is go in there and wing it," Kurow says. A pre-conference mass e-mail, she offers, can not only announce the agenda, but can fish out new ideas.

"Ask employees to bring at least one creative suggestion to the meeting," she says.

Frankel concurs, and adds that recruiting reticent colleagues into the huddle is the mark of impressive management. "If you're not enlisting and engaging everybody then people are checking out," she says.

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The best way to say 'So long, sucker!'

Parting ways? It won't be easy if human resources has its way.

These days, getting and quitting a job involves a roughly identical amount of corporate passage rites — from legalistic forms to fill out to statements to sign.

But perhaps no ritual is as arcane as the final threshold: the exit interview.

You, an HR rep and a voice recorder, reminiscing on the employee handbook-prescribed lives you shared.

A sacred fact-finding mission for some managers, but a perfunctory formality for others, exit interviews are — for AskTheHeadHunter.com author Nick Corcodilos — "the cockroaches of the HR world."

"They just survive," he says. "I really think companies do them out of sheer habit."

"Keep things professional, not personal."
HALLIE CRAWFORD, CAREER COACH

"If a company wants to find out what employees think, why don't you ask them while they're still working there?" he asks. "Why wait until they're leaving?"

Navigating an exit interview, like any goodbye, is a theatrical art — and while many a worker may relish the chance to discharge a few parting shots, career coach Hallie Crawford recommends bidding adieu with diplomatic understatement.

"Try to not single out any one person unless you are pressed to do so," she advises.

"Keep things professional, not personal." She continues, "Consider what criticism is really worth bringing up."

Corcodilos' answer might be: None.

"Absolutely keep your mouth shut," he warns. "Anything you say can and will be used against you. It could hurt your references."

DREW HINSHAW

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▶ Assistant principal Barbara Sustrunk went skydiving after her school's PTA met its participation goal.

MOTIVATING STUDENTS

SKYDIVING AND PIG KISSING, OH MY!

Sometimes it takes a minute for James Anderson to figure out why people are staring at him.

Then the assistant principal remembers that in June he let a group of Power Middle School students shave his head with an electric razor and his hair's still growing back. He had promised he would let them take the shears to his locks if they had fewer failing grades in 2010 than the previous year.

Every year, school administrators like Anderson make local headlines for silly stunts intended to motivate students. Principals do everything from spending the day on the roof to kissing pigs to taking pies in the face to reward students for a job well done.

The antics really help "motivate and encourage," said Diane Cargile, outgoing president of the National Association of Elementary School Principals, based in Alexandria, Va.

"The (students) love it, and the parents love it," Cargile said. "They know you care about the children."

It's a popular tool that's not often discussed among professionals, said Anderson, who works in Farmington Hills, Mich. "I go to principal conferences every year and we've never once discussed this," he said.

Offering to shave his head had an impact on the students and their grades, Anderson added. The number of F's dropped from 312 to 36, he said.

THE ASSOCIATED PRESS

To 'school' or 'unschool'

There are a lot of choices out there for parents who decide to home-school their children Should you create a curriculum or not?

AP PHOTO/JEFF ROBERSON

▶ Lauren Garber of Baldwin, Mo., looks over study aids. Garber home-schools her three kids.

Janice Hedin's son was into model rockets, so she used that as a starting point for his home-school curriculum. Her daughter loved horses, and that became a focal point for her education.

"She owned it," said Hedin of Maple Valley, Wash. "It was hers. I didn't have to force anything because she loved every minute of it."

Some home-school parents create their own curriculum for their kids. "There should never be a set curriculum," said Hedin. "Every child is so unique. Our goal as parents is to custom design the education that fits our children."

For those who find that daunting, there are many prepared curricula available for home schooling, as well as guides to what a child should know at each grade and age.

Material is available online and in libraries, at bookstores and through home-school support groups.

The World Book, for example, provides a free online guide detailing typical courses of study for students from pre-kindergarten to 12th grade.

Parents also must decide how they want to teach their children. There are different styles of home schooling, from a traditional, structured, school-type setting to "unschooling," where the child sets the parameters for learning. "Unschooling is totally throwing out the curriculum," said Hegener. "Life itself is a learning resource."

One popular form of home schooling is unit studies. "Basically, take something like trains, say, and it's amazing what you can learn," Hegener said.

THE ASSOCIATED PRESS

How to start

Among the questions parents should ask when deciding whether to home-school?

- Do I want to create my own curriculum or use a prepared one? Do I even need a curriculum?
- Do I want to use a textbook?
- How will I keep track of my child's progress?
- The key is knowing your child, Hedin said. She urges parents to discover their children's interests, what excites them and what they want to learn. "Then together you begin to seek out resources and curriculum. You do it as a team," she said.

THE ASSOCIATED PRESS

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Relative unknown wins Open

ALASTAIR GRANT/THE ASSOCIATED PRESS

▶ Louis Oosthuizen kisses his silver claret jug after winning the British Open.

Hardly anyone knew Louis Oosthuizen, much less how to pronounce his name. Not many will forget the performance he delivered at the home of golf to capture the British Open.

A week after the World Cup ended, South Africa had more reason to celebrate yesterday. Oosthuizen, a 27-year-old who had only made one cut in his previous eight majors, blew away the field at St. Andrews for a victory that looked as easy as when Tiger Woods first won here a decade ago.

Oosthuizen made only two bogeys over the final 35 holes in a strong wind that swept across the Old Course. He led over the final 48 holes and closed with a 1-under 71 for a seven-shot victory over Lee Westwood of England.

For all the craze about those vuvuzelas, the sweetest sound for Oosthuizen turned out to be the skirl of a bagpipe.

He never let anyone get within three shots of him in the final round, and he answered that brief challenge from Paul Casey by knocking in a 50-foot eagle putt on the par-4 ninth green to restore his cushion. Casey's hopes ended with a triple bogey into the gorse three holes later, and Oosthuizen spent the final hour soaking up an atmosphere unlike any other in golf.

THE ASSOCIATED PRESS

Escobar busts out with grand slam

Newest Jay had gone 75 games without a home run as a Brave

Yunel Escobar ended his home run drought with the most productive swing of his life.

Escobar hit his first career grand slam during a six-run second inning as the Toronto Blue Jays cruised past the Baltimore Orioles 10-1 yesterday for a three-game sweep.

Playing his third game with the Blue Jays since being acquired from the Atlanta Braves, Escobar tied a career high with five RBIs and got three hits to increase his batting average with Toronto to .462. He hit .238 with no homers in 75 games with Atlanta.

Escobar's shot off Brian Matusz (3-10) was the only grand slam he can remember hitting — ever.

"Not even when he was a little kid," said bench coach Nick Levya, who served as Escobar's translator.

Escobar, a 200-pound shortstop, is no slugger. But after hitting 14 homers with Atlanta last year, he was tired of hearing about his failure to connect in 2010.

	10	1
	TORONTO	BALTIMORE

"A lot of people were asking him about it ... doubting whether he could hit (a home run) or not," Levya said. "He knows he can."

The long-awaited drive stretched Toronto's major league-leading home run total to 140 and enabled the Blue Jays to become the last AL team to hit a grand slam. Toronto has homered in a season-high 11 straight games. THE ASSOCIATED PRESS

GAIL BURTON/THE ASSOCIATED PRESS

▶ Yunel Escobar watches his grand slam leave the park yesterday.

Burnett says sorry for tantrum

A.J. Burnett said he apologized to his New York Yankees teammates yesterday for a fit that left him with cuts on both hands.

Sporting a bandage on each palm, Burnett said the lacerations don't affect his ability to grip the ball. He expects to take his next turn in the rotation Friday night against Kansas City.

Frustrated after two innings of an ineffective outing against Tampa Bay, Burnett slammed open a set of double doors Saturday, slicing both palms on the plastic lineup-card holders fastened to the entry.

Burnett returned to the mound in the third, but was lifted after facing two more batters and giving up his fourth run of the game. THE ASSOCIATED PRESS

MIKE STOBE/GETTY IMAGES

▶ A.J. Burnett

Sports in brief

Mayweather stays mum

BOXING. Floyd Mayweather Jr. allowed a deadline for striking a deal on a superfight with Manny Pacquiao to pass without saying anything. A day later, Mayweather indicated his stance wouldn't be changing any time soon.

Astros starter leaves game

BASEBALL. Houston Astros ace Roy Oswalt left yesterday's game against the Pittsburgh Pirates after four innings due to a left ankle contusion. Oswalt was struck in the foot by a ground ball by Pedro Alvarez in the second inning.

THE ASSOCIATED PRESS

4 sports

News in brief

1 Yankee Andy Pettitte strains his groin.

2 Tommy Gainey is the Nationwide Tour's first two-time winner this season.

3 Chelsea's manager says Ashley Cole will remain with the club for the forthcoming season.

THE ASSOCIATED PRESS

Scan code for more sports

The Will to win

Australia's Power gets Indy victory despite leading for only 15 laps
Defending champion Franchitti finishes second in crash-filled race

Will Power, a race car driver from Toowoomba, Australia, was asked why he has been so successful in Canada.

"I guess I could put it down to my grandmother, who is Canadian," he said with a smile. "So I'm part Canadian."

The 29-year-old won a race in Canada for the third time in his career yesterday, claiming the Honda Indy Toronto after avoiding the series of collisions that claimed many of his rivals. Power only led for 15 of the race's 85 laps, but was in front on the only one that mattered, finishing one spot ahead of defending champion Dario Franchitti.

It was his second straight win of the IZOD IndyCar Series season, and his second win in Toronto, having won it for the first time three years ago. Power continued to build on his overall series lead, and now owns a 42-point cushion over Franchitti with only seven races left on the calendar.

ADRIEN VECZAN/THE CANADIAN PRESS

▶ Will Power gets the checkered flag.

Canadians Paul Tracy and Alex Tagliani finished 13th and 17th, respectively, and neither finished on the lead lap. Tracy locked his brakes and spun out of contention while trying to pass on Lap 65, and Tagliani was knocked out of contention a few minutes later.

Six cars were knocked out by contact, with Helio Castroneves and Scott Dixon two of the well-known drivers bumped from the race.

"It was like a football game out there," Ryan Hunter-Reay said. "Everybody was hitting each other, getting nasty for a while."

Hunter-Reay finished third, ahead of Tony Kanaan. Danica Patrick finished sixth, which was her best finish on a street course this season.

Justin Wilson began the race from the pole position after a stellar display in qualifying Saturday. The 31-year-old Englishman set a series track record with his fast lap of one minute 0.2710 seconds, but spun out with barely a dozen laps remaining yesterday and finished in seventh.

THE CANADIAN PRESS

1.2757
Will Power's margin of victory over Dario Franchitti was 1.2757 seconds.

VINCE TALOTTA/TORSTAR NEWS SERVICE

South African bumps Tagliani

PAYBACK? South African driver Tomas Scheckter bumped Canada's Alex Tagliani into the wall on a pass with a dozen laps remaining at the Honda Indy Toronto yesterday.

Despite throwing his gloves in anger at Tagliani last year after the Canadian bumped him out of the race, Scheckter denied trying to cause a wreck.

"I think it's a little bit karma. There's no way I'd do anything intentionally."
TOMAS SCHECKTER ON BUMPING ALEX TAGLIANI

Canadian driver left fuming

ACCUSATION. Alex Tagliani was livid and said he thought it was payback for their collision at the same race in 2009.

The Lachenaie, Que., driver, who started yesterday's race in ninth and was aiming for the top 10, lost a lap heading back to the pits for repairs and finished 17th.

THE CANADIAN PRESS

"I went to see him and I said thanks for pushing me into the tires, and he said, 'You know, we're equal now.'"
ALEX TAGLIANI ON TOMAS SCHECKTER

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	58	33	.637	-
TAMPA BAY	55	36	.604	3
BOSTON	52	40	.565	6.5
TORONTO	47	45	.511	11.5
BALTIMORE	29	62	.319	29

AL CENTRAL

	W	L	Pct	GB
CHICAGO	50	41	.549	-
DETROIT	48	42	.533	1.5
MINNESOTA	49	43	.533	1.5
KANSAS CITY	39	52	.429	11
CLEVELAND	38	54	.413	12.5

AL WEST

	W	L	Pct	GB
TEXAS	53	39	.576	-
LOS ANGELES	50	45	.526	4.5
OAKLAND	46	46	.500	7
SEATTLE	36	56	.391	17

Yesterday's results

Toronto 10 Baltimore 1
Cleveland 7 Detroit 2
Minnesota 7 Chicago White Sox 6
N.Y. Yankees 9 Tampa Bay 5
Oakland 9 Kansas City 6
Seattle 2 L.A. Angels 1 (10 ings)
Texas 4 Boston 2

Today's games

Tampa Bay at Baltimore, 7:05 p.m.
Texas at Detroit, 7:05 p.m.
Cleveland at Minnesota, 8:10 p.m.
Toronto at Kansas City, 8:10 p.m.
Boston at Oakland, 10:05 p.m.
Chicago White Sox at Seattle, 10:10 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	54	38	.587	-
PHILADELPHIA	48	42	.533	5
NEW YORK	49	43	.533	5
FLORIDA	44	47	.484	9.5
WASHINGTON	40	52	.435	14

NL CENTRAL

	W	L	Pct	GB
ST. LOUIS	51	41	.554	-
CINCINNATI	51	42	.548	0.5
MILWAUKEE	42	51	.452	9.5
CHICAGO	41	51	.446	10
HOUSTON	37	55	.402	14
PITTSBURGH	32	59	.352	18.5

NL WEST

	W	L	Pct	GB
SAN DIEGO	54	37	.593	-
COLORADO	50	41	.549	4
SAN FRANCISCO	50	42	.543	4.5
LOS ANGELES	49	43	.533	5.5
ARIZONA	34	58	.370	20.5

Yesterday's results

Atlanta 11 Milwaukee 6
Colorado 1 Cincinnati 0
Florida 1 Washington 0
N.Y. Mets 4 San Francisco 3 (10 ings)
Pittsburgh 9 Houston 0
San Diego 6 Arizona 4
St. Louis 5 L.A. Dodgers 4
Philadelphia at Chicago Cubs

Today's games

Milwaukee at Pittsburgh, 7:05 p.m.
Philadelphia at St. Louis, 7:05 p.m.
Colorado at Florida, 7:10 p.m.
Washington at Cincinnati, 7:10 p.m.
Houston at Chicago Cubs, 8:05 p.m.
N.Y. Mets at Arizona, 9:40 p.m.
San Francisco at L.A. Dodgers, 10:10 p.m.

JAYS SUNDAY BOX SCORE

TORONTO	AB	R	H	BI	BB	SO	AVG.
F.LEWIS LF	4	1	1	0	0	1	.281
Y.ESCOBAR SS	4	2	3	5	0	0	.462
J.BAUTISTA RF	4	1	0	0	1	1	.233
V.WELLS CF	5	0	2	1	0	2	.268
WISE CF	0	0	0	0	0	0	.233
LIND DH	5	1	1	1	0	0	.216
A.HILL 2B	4	1	0	0	1	0	.195
OVERBAY 1B	5	2	2	0	0	2	.250
J.BUCK C	5	1	3	2	0	2	.279
ENCARNACION 3B	5	1	3	1	0	1	.228
TOTALS	**41**	**10**	**15**	**10**	**2**	**9**	

BALTIMORE	AB	R	H	BI	BB	SO	AVG.
PIE LF	5	0	1	0	0	1	.333
M.TEJADA DH	5	1	1	0	0	0	.275
MARKAKIS RF	5	0	3	0	0	1	.308
WIGGINTON 1B	4	0	0	0	0	1	.248
AD.JONES CF	4	0	2	1	0	0	.276
FOX C	4	0	0	0	0	3	.215
S.MOORE 2B	3	0	0	0	1	0	.240
J.BELL 3B	4	0	2	0	0	0	.263
C.IZTURIS SS	4	0	3	0	0	0	.248
TOTALS	**38**	**1**	**12**	**1**	**1**	**6**	

TORONTO	IP	H	R	ER	BB	SO
MARCUM W,8-4	5	9	1	1	0	4
TALLET	2	0	0	0	1	1
JANSSEN	1	1	0	0	0	0
PURCEY	1	2	0	0	0	1

BALTIMORE	IP	H	R	ER	BB	SO
MATUSZ L,3-10	1⅓	5	6	6	2	3
HENDRICKSON	4⅓	6	3	3	0	4
MATA	3	4	1	1	0	2

TODAY IN HISTORY

1877 - Spencer Gore beats William Marshall in 48 minutes (6-1, 6-2, 6-4) in the first men's singles tennis championship at the All England Club, Wimbledon.
2001 - Randy Johnson strikes out 16, a major league record for a reliever, and comes within four outs of combining with Curt Schilling on a no-hitter as Arizona beats San Diego 3-0 in the completion of their suspended game. Wiki Gonzalez hits an opposite-field single to right with two outs in the eighth for the Padres' only hit.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	3	2	1	0	100	89	4
TORONTO	3	2	1	0	79	88	4
WINNIPEG	3	1	2	0	90	93	2
HAMILTON	3	1	2	0	79	79	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
SASK.	3	3	0	0	115	89	6
CALGARY	3	2	1	0	77	65	4
B.C.	3	1	2	0	55	63	2
EDMONTON	3	0	3	0	53	82	0

Friday's results

Hamilton 28 Winnipeg 7
Montreal 16 B.C. 12

Saturday's results

Saskatchewan 24 Edmonton 20

TRANSACTIONS

American League

BOSTON RED SOX-Recalled RHP Michael Bowden from Pawtucket (IL). Designated C Gustavo Molina for assignment.
CLEVELAND INDIANS-Recalled RHP Jeanmar Gomez from Columbus (IL). Designated INF Anderson Hernandez for assignment.

National League

HOUSTON ASTROS-Purchased the contract of RHP Gary Majewski from Round Rock (PCL). Designated RHP Casey Daigle for assignment.
PITTSBURGH PIRATES-Placed RHP Diego Moreno on the suspended list. Assigned LHP Corey Hamman from Indianapolis (IL) to Altoona (EL).

BRYN LENNON/GETTY IMAGES

▶ Andy Schleck completes yesterday's 14th stage.

Leaders match times

Tour de France's top two riders post identical times in 14th stage
France's Riblon thrills home crowd by winning high-altitude stage

With the Pyrenees all too ready to punish riders, overall leader Andy Schleck and defending champion Alberto Contador sized each other up, matching wits and pedal strokes in a high-altitude waiting game at the Tour de France.

Yesterday's victory belonged to Christophe Riblon, a relatively unknown Frenchman who won a stage in cycling's showcase race for the first time.

Riblon, who rides for AG2R, was spurred by a French crowd that has little to celebrate at the Tour in recent years.

"Yesterday night if you'd asked me about today, I wouldn't have bet one euro on me," he said. "It's different now, of course. What I have done today is very important, for me and my team."

Schleck leads Contador, his closest rival, by 31 seconds. Both arrived with the same time, more than a minute behind Riblon. They lost a few seconds to the next closest contenders, Samuel Sanchez of Spain and Denis Menchov of Russia, but were not unhappy.

"I couldn't pass him; I had to stay in his wheel," said Schleck, of Luxembourg. "I have often enough made the mistake where he attacked and dropped me because I passed him. I learn from my mistakes. But it will be a totally different scenario tomorrow."

Victoria's Ryder Hesjedal was 12th in the stage and continued to sit 13th overall. Toronto's Michael Barry fell to 99th.

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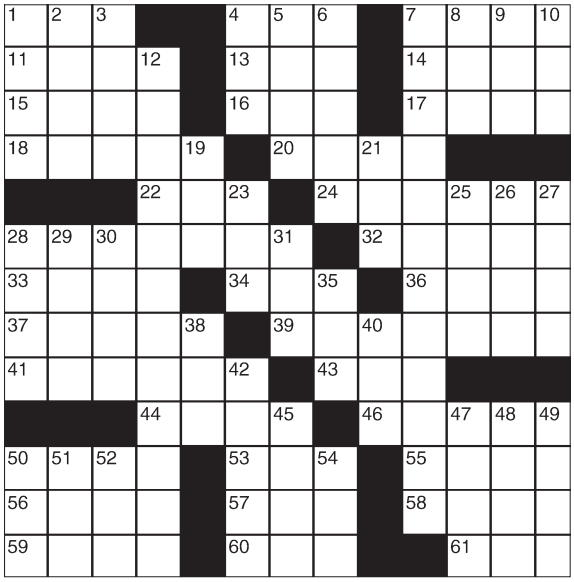
Crossword



Across

1 Take a chair
4 Recede
7 Employer
11 Handle
13 Romanian currency
14 Troop group
15 Beige
16 Distant
17 Alluring
18 Egg-beating tool
20 "Phooey!"
22 — -tac-toe
24 Texas city
28 Ennui
32 Ship's lowest deck
33 Addict
34 Satchel
36 Hardy cabbage
37 Loose
39 Ordered more magazines
41 Shocking
43 Meadow
44 Soon, in verse
46 Old anesthetic
50 Unkempt one
53 Court
55 Leak slowly
56 KFC flavoUr enhancer
57 To the — degree
58 Standard
59 Bygone times
60 "Of course"
61 Salary

Down

1 Distort the facts
2 Foot fraction
3 Ms. Spelling of reality TV
4 Sprite
5 Rosary component
6 Pack animal
7 Deadpan star of silent comedies
8 Inseparable
9 Half dozen
10 Pigs' home
12 Swimming champ who played Tarzan
19 Tease
21 Fuss
23 Corn on the —
25 Deli salad
26 Unrivaled
27 Mimicked
28 Obama predecessor
29 Norway's capital
30 Caboose's position
31 Scratch
35 Hair goo
38 Family
40 Born
42 Fabric softener brand
45 Memo
47 Barrel part
48 Pound of poetry
49 "Ratatouille" rat
50 Bashful
51 Zodiac sign
52 Bobby of hockey
54 Surprise cries

▶ Yesterday's answer

F	A	C	T	S		S	P	Y		A	S	H
O	H	A	R	E		I	O	U		P	T	A
G	A	M	U	T		M	E	M	B	E	R	S
		B	E	A	T	I	T		I	R	A	N
P	R	E		T	R	A		E	G	Y	P	T
O	U	R	S		I	N	L	E	T			
I	N	S	U	L	T		I	C	O	N	I	C
			P	A	E	A	N		E	U	R	O
A	Z	T	E	C		B	E	E		M	E	W
F	A	I	R		P	U	N	J	A	B		
T	I	M	B	E	R	S		E	G	E	S	T
E	R	E		T	E	E		C	U	R	I	O
R	E	D		A	P	R		T	E	S	T	Y

Sudoku

			2				1	9
6	4				9			
2				8			7	4
	8			6		3		
3								5
		9		5			2	
5	3			7				2
			1				4	6
1	7				4			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	3	4	1	6	2	5	9	8
8	2	5	3	4	9	7	1	6
1	6	9	5	7	8	2	3	4
9	7	2	4	8	1	6	5	3
5	4	1	6	2	3	9	8	7
3	8	6	9	5	7	1	4	2
6	9	8	7	3	5	4	2	1
4	5	3	2	1	6	8	7	9
2	1	7	8	9	4	3	6	5

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LOVE BASHIE

"HeaVrt". Mine will always have you in it. When isn't iiittttttttt!?!? Be patient. Please.
DRAMAR

Happy 19 months Mariam! I never like to say never but I never get tired of kissing you. I'll never give up on you because you always keep me high up there like it never ends.
DAVE B

The Weather Network ©The Weather Network 2010

Today	Tuesday	Wednesday
Variable	Showers 60%	Variable
26° / 18°	27° / 20°	28° / 21°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 This is a great week for a clear out, a great week for removing all the junk from your life – and there's plenty of it. The more space you create the better.

♉ Taurus April 23-May 21 You seem to be worrying about something that is of little consequence and it is beginning to affect your performance in other areas. Look at yourself in the mirror and repeat "It doesn't matter" a dozen times.

♊ Gemini May 22-June 21 Act as if you have no doubts at all. Act as if you know you are going to succeed. When others see your confident air they will go out of their way to assist you and together you will make things happen.

♋ Cancer June 22-July 22 It's okay to be assertive, but don't go too far. In the short-term you may succeed in forcing people to do your bidding but in the long-term the dictatorial approach is sure to backfire.

♌ Leo July 23-Aug.23 Everything happens for a reason, so don't start thinking the world is against you if one or two quite minor things go wrong today. On Thursday former events will make perfect sense.

♍ Virgo Aug. 24- Sept. 22 Laughter is always the best medicine, so stop shedding tears about things that have already happened and find reasons to smile — there are plenty of them if you care to look.

♎ Libra Sept. 23-Oct. 23 Laughter is always the best medicine, so stop shedding tears about things that have already happened and find reasons to smile—– there are plenty of them if you care to look.

♏ Scorpio Oct. 24-Nov. 22 You must be patient. You must give what you have started time to develop and mature. If you try to rush things over the next few days you will only succeed in slowing them down.

♐ Sagittarius Nov. 23-Dec. 21 Everyone can see from the look on your face what you think about the current situation, so don't bother trying to hide your feelings. You are a Sagittarius. You are supposed to be outspoken.

♑ Capricorn Dec. 22-Jan. 20 Stop lamenting what might have been and start looking forward to new opportunities that even now are heading in your direction. Wednesday heralds their imminent arrival.

♒ Aquarius Jan. 21-Feb. 18 Get out of the house or the office and do something that makes you feel alive. Once you are on the move your mood will change for the better.

♓ Pisces Feb. 19-March 20 There is no point worrying about what other people are saying. You cannot change their attitudes, nor should you want to. Focus on what is meaningful to you and ignore the gossips and cynics.
SALLY BROMPTON

Caption contest

CHRIS PIZZELLO/THE ASSOCIATED PRESS

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JON SUPER/THE ASSOCIATED PRESS

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2010 CHEVROLET AVEO[5] LS

MSRP $15,524

EMPLOYEE PRICING **$12,446***

PLUS **0%** PURCHASE FINANCING‡ FOR **60** MONTHS

INCLUDES FREIGHT, PDI, FEES & $2,000 CASH CREDIT♦

HWY: 5.7 L/100 km – 50 mpg CITY: 7.5 L/100 km – 38 mpg†

HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†

$700 GM CARD MAX. REDEMPTION ALLOWANCE†

LS Sport with OnStar shown††

LT model with Team Canada Edition Package shown††

2010 CHEVROLET COBALT XFE

MSRP $17,069

EMPLOYEE PRICING **$11,991***

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MSRP $25,489

EMPLOYEE PRICING **$23,214***

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INCLUDES FREIGHT, PDI, FEES & $500 CASH CREDIT♦

HWY: 5.7 L/100 km – 50 mpg CITY: 7.5 L/100 km – 38 mpg†

HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†

$1,500 GM CARD MAX. REDEMPTION ALLOWANCE†

LT Platinum Edition model shown††

2010 CHEVROLET IMPALA LS

MSRP $28,814

EMPLOYEE PRICING **$25,246***

PLUS **0%** PURCHASE FINANCING‡ FOR **60** MONTHS

INCLUDES FREIGHT, PDI, FEES & $1,000 CASH CREDIT♦

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Employee price discount is available on the purchase/finance of an eligible new or demonstrator 2010/2011 MY Chevrolet/Buick/GMC/Cadillac or 2010 MY Pontiac/Hummer vehicle delivered between 6/23/10 and 8/31/10 at participating dealers in Canada. Ineligible vehicles: 2010/2011 MY Corvette Z51, Medium Duty Trucks and G-Vans (passenger, cargo, cutaway), 2011 MY Equinox, Terrain, Camaro, Regal, LaCrosse, Cadillac CTS Coupe and SRX. Dealer order or trade may be required. Limited quantities of certain 2010 models available. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See your GM dealer for details. ‡‡0.0%/$4,500/$500/$1,000 is a manufacturer to dealer delivery credit for 2010 Chevrolet Aveo/Cobalt XFE/Malibu LS/Impala LS/1500 Silverado LS/Tahoe LS/Suburban LS/Colorado LS/GMC Sierra LS/Yukon LS/Canyon SLE-1 Crew Cab 2WD/Hummer H3 Alpha/Cadillac CTS Coupe/Escalade/Escalade ESV/Escalade EXT/DTS/STS/XLR/SRX V6 Turbo/Buick Enclave CX/Lucerne CX/Regal CX/LaCrosse CX/Pontiac G6 Value Leader/Saturn Aura XE/Chevrolet HHR LS/Pontiac G5 SE/Solstice/Saturn Sky/Saturn Outlook XE/Buick Rainier CX/Saab 9-7X Linear/Saab 9-4X Linear/Chevrolet Express 1500 LS/GMC Savana 1500 LS/Chevrolet Express 2500 LS/GMC Savana 2500 LS/Chevrolet Express 3500 LS/GMC Savana 3500 LS/Chevrolet Express 1500 Cutaway LS/GMC Savana 1500 Cutaway LS/Chevrolet Express 3500 Cutaway LS/GMC Savana 3500 Cutaway LS/Workhorse W-Series W62/W-Series W72/W-Series W42/W-Series W24 purchased/financed/leased from participating dealers in Canada. Dealer order or trade may be required. Limited quantities of certain 2010 models available. Offer applies to the purchase of 2010 Chevrolet Aveo/G5 Sedan 1LT/Aveo/G5 Sedan 2LT/Aveo5 1LT/Aveo5 2LT/Cobalt XFE Coupe or Sedan 1FL/Cobalt XFE Coupe or Sedan 1LT/Malibu LS 1FL/Impala LS 1FL/Impala LS 1YQ/Impala LS 1YQ. Examples: $4,500 Aveo/Aveo5 Sedan 2LT, Cobalt XFE Coupe or Sedan 1LT, Malibu LS 1FL/Impala LS 1FL/Impala LS 1YQ. Offer applies to the purchase or lease of a new eligible 2010 or 2011 MY GM vehicle, excluding all Pontiac, Saturn, Saab and Hummer new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. **The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. Δ2010 Chevrolet Malibu equipped with 2.4L ECOTEC I-4 engine and standard 4-speed automatic transmission. 2010 Chevrolet Cobalt XFE equipped with 5-speed manual transmission. 2010 Chevrolet Aveo LS equipped with 5-speed manual transmission. 2010 Chevrolet Impala equipped with 3.5L V6 engine and standard 4-speed automatic transmission. 2010 Chevrolet Cobalt LT Team Canada Edition, MSRP with freight, PDI & fees $21,119. Chevrolet Aveo 5-door LS Sport with UF1, MSRP with freight, PDI & fees $16,659. Dealers are free to set individual prices. ††Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Allowance Program. ♦♦To qualify for GM Canada's Cash For Clunkers incentive, you must: (1) receive Government confirmation of vehicle eligibility under the Retire Your Ride Program, supported by The Government of Canada, and turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months (12 months in B.C.) or (2) turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months in B.C., or (2) turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in the name of a small business for the last 6 months (12 months in B.C.) and provide proof that the vehicle was scrapped. Vehicle must be towed to the participating dealer under its own power. Vehicle must be towed to the participating dealer under its own power. Vehicle must be towed to the participating dealer under its own power